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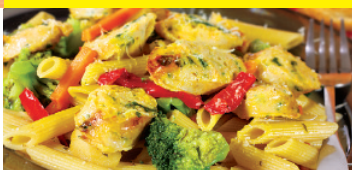
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**PENSION
CONUNDRUM**
TAKE A LUMP SUM OR
RIDE IT OUT? {page 17}

**WEEKNIGHTS NEVER
LOOKED SO GOOD**
TURKEY AND
BROCCOLI PASTA {page 15}



FOUR SOME
IT'S A GIRL,
RUFUS SAYS
DISH {page 11}



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News worth sharing.

An 'amazing' time

► 11-year-old Nova Scotia figure skater enjoying hometown spotlight ► Two 10-year-olds competing at Canada Games: A gymnast from B.C. and a table tennis player from Alberta

Nova Scotia's youngest athlete at the Canada Winter Games stepped onto the ice yesterday for the first time to boisterous cheers from her hometown crowd.

Rebecca MacDonald, 11, and her figure skating dance partner Bradley Keeping-Myra, 12, are from Tantallon and train with the St. Margaret's Bay Skating Club.

"It's been fun and amazing to have all the fans screaming like that," MacDonald said of her Games experience thus far. "I've never had that before."

MacDonald has been figure skating for five years and is a part of the Nova Scotia figure skating team that ranges in age from 11 to 19.

Having the home-ice ad-

More gold for Nova Scotia

► Harrietsfield figure skater Kailey Stewart increased Nova Scotia's medal count to three last night with gold in the Special Olympics Level 2 women's solo dance event. She was one of two skaters in the event.

vantage is helping with the nerves, she said, as figure skating for Canada Games is taking place at the St. Margaret's Centre.

"I train here everyday, so it's really comfortable for us," MacDonald said.

The pair was definitely the crowd favourite yesterday morning but ended up seventh out of seven groups after

completing the compulsory component for pre-novice dance.

Neither seemed intimidated competing against the older skaters, some at least five years their senior.

"Sometimes, if they do better than us, it makes sense because they're older, so it doesn't really bother me that much," MacDonald said.

Plus, being so young means two more shots at future Canada Games, Keeping-Myra pointed out.

Both are looking forward to the free skate tomorrow.

"We can really enjoy it and have facial expressions," Keeping-Myra said. "The lifts are fun, too."

● JENNIFER TAPLIN

RYAN TAPLIN/METRO



► Rebecca MacDonald and her dance partner, Bradley Keeping-Myra, compete yesterday at St. Margaret's Centre in Tantallon.

Arab awakening

Protests gather steam

► World leaders call on Libya's Gadhafi to stop violent crackdown ► Tens of thousands rally in anti-government protests in Yemen {page 7}

Getting red carpet ready



Metro talks to E! host Giuliana Rancic about the lead-up to the Oscars {page 10}

Size does matter, actually

Main runway at Halifax airport is set to expand {page 3}

Did you want fries with that?

IWK chucks away its deep fryers for new ovens {page 4}

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Bigger runway in the works

- Main runway at Halifax airport to be expanded from 8,800 to 10,500 feet
- Project will improve province's competitiveness: Premier Darrell Dexter



► Premier Darrell Dexter and Defence Minister Peter MacKay chat before a press conference at the Halifax Stanfield International Airport yesterday.



ALEX
BOUTILIER
@METRONEWS.CA

A \$28-million expansion of the Halifax Stanfield International Airport's main runway is being touted as an investment in Nova Scotia's gateway potential.

Defence Minister Peter MacKay, on behalf of Transport Minister Chuck Strahl, and Premier Darrell Dexter announced the project at the airport yesterday morning.

The provincial government will contribute \$5 million to the project, while the federal govern-

Port authority

► Karen Oldfield, CEO of the Halifax Port Authority, lauded yesterday's announcement, saying the expanded runway will enhance global connections.

ment kicks in \$9 million. The remaining \$14 million will come from the airport authority.

"Atlantic Canada represents the shortest all-weather and all-water route between North America's east coast and markets in Europe and Asia," MacKay said during

the press conference.

"This saves shippers, importers and exporters money, and benefits those who want to do business with or in North America."

The Halifax airport moved 29,000 tonnes of cargo in 2009. Air-cargo traffic is projected to increase anywhere between 85 and 130 per cent over the next decade.

"None other than Joseph Howe himself described Halifax as 'the great port of communication between the two continents of Europe and America,'" Dexter said.

"Strengthening the

province's position as a gateway of choice for goods and people entering and leaving North America is a priority for the government of Nova Scotia."

Airport authority spokeswoman Ashley Barnes said preliminary site preparation work may begin as early as this year.

"One of the considerations we have to deal with is that we'll be working on an active, operational runway," Barnes wrote in an email. "The construction program will be structured to minimize impact on the runway and maintain safe operations."

Stowaways detained due to lack of ID

Two stowaways found aboard a container ship in Halifax will remain in custody after failing to provide authorities with identification documents.

Julie Chamagne, executive director of the Halifax Refugee Clinic, spoke for the men during the closed-door Immigration and Refugee Board hearing at the Central Nova Correctional Facility yesterday.

After the hearing, she said an immigration adjudicator ordered the men to remain in custody because they didn't have passports or other ways of identifying themselves. Another hearing will take place in seven days and the men will again be asked to provide proof of their identities.

Chamagne said the decision is typical of what happens in such cases.

"In general, when people arrive like this on container ships they've been told by smugglers or community members overseas to not bring identification documents because they would be in danger of being returned," Chamagne said.

"It's not the case (that they will be returned), but that's what they are told."

THE CANADIAN PRESS

Arrival

► The men were found last Wednesday aboard the Swedish-owned Atlantic Concert after the ACL vessel arrived in Halifax from Liverpool, England.

Hotel roof fire leads to evacuation

The cause of a fire on the kitchen roof of the Atlantica Hotel in Halifax around noon yesterday isn't yet known.

Halifax Regional Fire and Emergency spokesman Capt. Dave Meldrum said firefighters were called to the hotel at 12:07 p.m. regarding smoke in the kitchen.

It was later determined that part of the roof housing the kitchen was on fire. It was quickly put out, Meldrum said.

The hotel was evacuated for a short period of time.

● METRO

Feds still mulling convention centre

No matter what announcement Defence Minister Peter MacKay is in Halifax to make, the question about federal funding for the proposed downtown convention is certain to come up.

The lone Nova Scotian in Stephen Harper's cabinet had no news on the

project yesterday, saying Transport Minister Chuck Strahl is still evaluating the business case.

"Nothing new. It's in the office now of Chuck Strahl, with Transport Canada and responsibility for infrastructure," MacKay said after a press conference announcing \$28

million in runway upgrades for the Halifax Stanfield International Airport.

"We'll decide on the best interests of the entire province, whether this is a project that the Canadian government will invest in."

● ALEX BOUTILIER

Deadline

► The deadline for an agreement between all three levels of government and developer Joe Ramia was initially Jan. 14. Ramia has since extended that deadline for 90 days.

1

news



News on the move

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Guidy Mamann explores a new policy for missed correspondence by visa applicants. More at metronews.ca/immigration

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"Brain pacemakers" may offer new hope to fight mental illness. Scan the code for the story.

Hospital cuts the fat, makes meals healthier

- New ovens to 'enhance the quality of food production'
- All deep fryers in hospital a thing of the past



SHELBY MCDONALD
HALIFAX@METRONEWS.CA

If you want fries with that, you'll now get them baked, not fried.

The IWK Health Centre in Halifax announced yesterday it has replaced its deep fryers with two new cooking centres to prepare healthier meals for both patients, staff, volunteers and hospital visitors. "They (the meals) just taste so much better in the cooking centre," Brenda MacDonald, manager of food services at the IWK, said yesterday. "Our goal is to provide people

"We're all about keeping people happy with the (food) choices."

BRENDA MACDONALD, IWK HEALTH CENTRE FOOD MANAGER

with healthier choices," she added. "And make it actually easier for them to eat healthier."

French fries will now be baked in the new specialty ovens instead of the old deep-fried way. MacDonald said the new oven can heat up much hotter than a regular oven so foods such as fries and chicken strips will still be

served crispy — just without all the fat. The all-electronic stove also offers a variety of healthy cooking options such as baking, roasting, grilling, steaming and poaching. "We are able to grill, for example salmon," she said. "That would have been very difficult for us to do without this." Having these cooking options will also enhance the quality of the food in the cafeteria, MacDonald said. "We're able to conserve a lot more vitamins and minerals than we would have been before," she said.

Canada. Games



► Alberta's John Cornish competes in the para-nordic sit ski event at the 2011 Canada Games at Ski Martock in Windsor yesterday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Hitting the slopes looking for gold

Skiing events continue all week at both Ski Martock and Ski Wentworth.

Tickets still available for Games closing ceremonies

All good things must come to an end.

Tickets are still available for the closing ceremonies of the Canada Winter Games, which takes place Sunday at the Halifax Metro Centre at 1 p.m.

The 90-minute production will see all Week 2 athletes in attendance, and will feature performances from the likes of

Ticket sales

- **Ceremonies** Tickets for the closing ceremonies are available through Ticket Atlantic.

Squid, Three Sheet, Radio Radio, Old Man Leudecke and Mass Pipe and Drums.

Also during the ceremony, the team awards will be handed out, in-

cluding the Centennial Cup for most improvement and the Canada Games Flag for the team accumulating the most flag points through performance and participation. The ceremony will also see the passing of the Games torch from Halifax to Sherbrooke, Que., which is hosting the Canada Summer Games in 2013. ● METRO

on the hou\$e

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Another man charged in stabbing

A 21-year-old Halifax man is the fourth person facing charges of attempted murder and aggravated assault for his alleged involvement in a Fairview stabbing on Feb. 5. Tylor Donovan McInnis was arrested by Halifax Regional Police last Friday. Tereeko Pyke, 19, Cordell Avlin Pyke, 24, and an unnamed 21-year-old are also charged in the stabbing.

The 21-year-old victim was taken to hospital with non-life-threatening injuries after being stabbed inside a vehicle. Police spokesman Const. Brian Palmeter said yesterday the

Incident

- **Charges** Police don't expect to lay any more charges in relation to the stabbing.

incident occurred over a dispute.

McInnis is also facing three charges of uttering death threats, numerous weapons related offences, 13 counts of breaching conditions and one charge of intimidation of a justice participant.

Police say a handgun was seized from the vehicle McInnis was in last Friday. The 28-year-old female driver, Tylisha Marie Voeltz of Halifax, is charged with multiple weapons related offences and breach of probation. ● PHILIP CROUCHER

Teens face theft charges

Two male teens are facing theft charges after police say upwards of 100 vehicles were broken into in Lower Sackville early yesterday morning.

Halifax RCMP say they received a complaint that the two males were entering vehicles on Armcrest Drive. Shortly later, police say they located a 17-year-old male and an 18-year-old male, both from Sackville, on Beaver Bank Road.

In total, police say the pair entered between 75 and 100 vehicles, with the stolen items including sunglasses, money, cellphones and a GPS. ● METRO



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Historians take a shot at 1900s hockey

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► Final day is Saturday

SHELBY MCDONALD
HALIFAX@METRONews.CA

The Halifax Citadel National Historic Site is getting in to the Canada Games spirit.

Parks Canada is collaborating celebrations of its 100 anniversary with the Canada Winter Games by presenting a Victorian-era winter experience between 10 a.m. and 2 p.m. each day this week.

"We thought this is a great opportunity to try out some new winter programming," said Danielle Renault, a Parks Canada spokesperson.

The main attraction is demonstrating what a hockey game would have been like in the Victorian period.

"Anytime you get to show history, that is a good thing," said Kevin Andereyk, one of two historical interpreters on the ice yesterday. "We get to

And more

Other daily events include:

- Victorian skating
- Rifle firing demonstration
- Guided tours

show the local people of Halifax and the visitors of the Canada Games what hockey was like in 1869."

There aren't many similarities compared to today's stick and puck action. Pants, long socks, a pea coat and a hat replaced the traditional gear.

"I'm a lot lighter," said Angus Macgregor, also on the ice yesterday. "I'm a lot more flexible."

"All my gear isn't here to protect me from the puck and the stick," Andereyk added. "It's to protect me from the weather."

Instead of a plastic stick, players then would use a stick and puck made out of birch wood.



► Mike Adams, left, rings a bell to signal a goal for Kevin Andereyk during a Victorian-era hockey demonstration at the Halifax Citadel National Historical Site yesterday.

Why is the Cape Breton seal hunt delayed?

Four days after its official opening, a controversial grey seal hunt in a protected area off eastern Cape Breton still had not gotten underway yesterday.

Andrew Newbould, a spokesman for the Department of Fisheries and Oceans, said the sealers have to give 24 hours notice of their intent to hunt on Hay Island and none had

been given since Thursday. However, Newbould had no information on why there seemed to be a delay.

Federal fishery officials have set a quota for the island of 1,900 animals, down from 2,200 last year.

The hunt, which closes March 15, is part of an overall grey seal quota set at 60,000 animals for Atlantic Canada.

The bulk of Nova Scotia's 300,000-strong grey seal herd inhabits Sable Island, with other populations located in the Northumberland Strait and around Cape Breton and parts of the province's eastern shore.

Last year's hunt on Hay Island was called off after sealers couldn't find buyers for their pelts.

Sealer Robert Courtney of the North of Smokey Fishermen's Association has said a buyer had been lined up for this year, but on Monday he would not discuss the hunt or the reasons for the apparent delay. Reached by phone, Courtney would only offer a terse "no comment."

Rebecca Aldworth of the Humane Society Interna-

tional/Canada travelled to Cape Breton with anti-hunt activists to observe the hunt.

She said sealers were delayed because of bad weather over the weekend, but she wasn't sure why they hadn't ventured to the island on Monday.

"Today the weather is fine so it's kind of strange that he (Courtney) is not

Swim time

Aldworth said the delay was working in favour of the grey seal pups, which are beginning to take to the water as they learn to swim.

out there," said Aldworth. **THE CANADIAN PRESS**

ATV driver's body found in lake

RCMP divers have found the body of a man whose all-terrain vehicle went through ice on a lake in Shelburne County.

Police say the body of 24-year-old James William Kenney of Oak Park was found in Oak Park Lake around 11:20 a.m. yesterday.

Sgt. Bob Forbes says Kenney was driving.

Police received a 911 call just after 8:30 p.m. Sunday that two people on an ATV had broken through the ice.

A 15-year-old boy was rescued by firefighters. **THE CANADIAN PRESS**

Police look for robbery suspect

Halifax Regional Police are looking for a man after a robbery on Herring Cove Road yesterday.

Police responded to the Cove Market, located at 565 Herring Cove Rd., at 11:25 a.m. after receiving

Description

The suspect is described as a white male in his early 20s.

reports of a robbery.

According to police, a man entered the store and held the clerk at knifepoint, demanding cash and cigarettes. He fled with some of both.

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Maritimes energy ministers to gather

Atlantic Canada's energy ministers will gather in Halifax today.

According to Nova Scotia's Department of Energy, the ministers will be discussing "regional collaboration" and "issues of mutual interest."

Newfoundland and

Labrador's press release listed "the Atlantic Energy Gateway Initiative, a National Energy Strategy framework, energy efficiency, and regional opportunities associated with the development of Muskrat Falls" as agenda items. ● METRO

FATALITIES FEARED

6.3 quake strikes N.Z.

A powerful earthquake hit the New Zealand city of Christchurch yesterday, collapsing buildings, burying vehicles under debris and sending rescuers scrambling to help trapped people amid reports of multiple deaths.

Police said they were

trying to confirm reports of fatalities from the 6.3-magnitude quake, the second major temblor to strike the city since last September, while Prime Minister John Key told Parliament details still were too sketchy to confirm deaths.

Witnesses said the quake destroyed the iconic stone Christchurch Cathedral, its spire toppled into a central city square, and there were reports of two buses crushed under falling buildings.

THE ASSOCIATED PRESS

Yemen protests continue

Yemen's leader yesterday rejected demands that he step down, but protests seeking President Ali Abdullah Saleh's ouster did not let up. Tens of thousands rallied in four cities, including the capital of Sanaa. At least 11 people have been killed in anti-government protests this month. THE ASSOCIATED PRESS

Another Mubarak has problems

A judge in Dubai, who couldn't hold back a smile, slapped Hosni Mubarak with a fine for illegally consuming alcohol in public. No, not that Hosni Mubarak. This one is a Pakistani namesake of the ousted Egyptian president who was in a Dubai misdemeanours court Sunday. THE ASSOCIATED PRESS

Gadhafi losing grip as protests sweep Libya

THE ASSOCIATED PRESS/ALAGURI



► A girl displays the victory sign in Benghazi, Libya, yesterday, where protesters claimed control of the country's second largest city.

World calls on government to stop 'appalling' crackdown

Deep rifts opened in Moammar Gadhafi's regime yesterday, with Libyan government officials at home and abroad resigning, air force pilots defecting and a bloody crackdown on protest in the capital of Tripoli, where cars and buildings were burned. Gadhafi went on state TV early today to attempt to show he was still in charge.

World leaders expressed outrage yesterday at the "vicious forms of repression" used against the demonstrators.

The longest-serving Arab leader appeared briefly on TV to dispel rumours that he had fled.

"I am here to show that I am in Tripoli and not in Venezuela. Don't believe those misleading dog stations," Gadhafi said, refer-

ring to the media reports that he had left the country.

Pro-Gadhafi militia drove through Tripoli with loudspeakers and told people not to leave their homes, witnesses said, as security forces sought to keep the unrest that swept eastern parts of the country — leaving the second-largest city of Benghazi in protesters' control — from overwhelming the capital of two million people.

U.S. Secretary of State Hillary Rodham Clinton called on Gadhafi to "stop this unacceptable bloodshed" and said the world was watching the events "with alarm."

British Prime Minister David Cameron, visiting neighbouring Egypt, called the crackdown "appalling." THE ASSOCIATED PRESS

Couple document quest for good sex

JEREMY NOLA
NEWS@METRONEWS.CA

A Calgary husband-wife duo is currently in the midst of documenting a daunting challenge likely to make even the most liberal lovers ache in empathy.

Engaging in intimacy had always been a point of contention for Ryan and Melanie since the two were married nearly eight

years ago.

The couple asked that their last name be withheld and Melanie's first name be altered to avoid workplace conflict.

As Ryan puts it, they were faced with an "imbalance in sex drives."

"I was ready to go most of the time," he said. "While her words exactly were, 'I could probably do it once a year and be happy.'"

Finally, some excite-

260 Days *Between the Sheets*

HOME ABOUT CONTACT US

20 There's an App for That

Melanie was out this morning so I took care of the kids and hung out with my family before they left. I made breakfast burritos for brunch and served up some fresh ground coffee. It was a fantastic morning! Just before noon, Melanie came home and my parents headed home. It worked out pretty because just as my family left, curling came on!

► A recent post from 260days.ca. My iPad and it's really pretty based on chosen parameters. It also tracks your progress.

Categories: About, Daily, Random — Stats, Random — Stats, Sex, Doctor, Archives, February 2011

iKAMASUTRA There's a position for that

ment was found when the two discovered a book detailing a couple's quest to have sex for 101 consecutive days.

"It was highly motivational," Ryan said.

And that's where the intercourse expedition began.

Starting Jan. 1, Ryan and Melanie, both 30 years of age, began engaging in sex five times per week, all the while documenting the pains

and pleasures — Kama Sutra iPad apps and massage candle wax included — online at 260days.ca.

Now, nearly two months in, Melanie says they have never been closer.

"The more that we do it, the less taxing it has become," she said.

"It was about figuring out there were certain things I needed and certain things he needed."

N.Y.C. smokers told to butt out outside

FRANK FRANKLIN / THE ASSOCIATED PRESS

The smokers of New York are an endangered breed, their numbers shrinking through loss of habitat — phone booths, cold streets and office-building doorways during break.

Come summer they will have even fewer places to light up as a ban on smoking at parks, beaches and public plazas goes into effect — including Central Park and swaths of tourist-packed Times Square.

Smokers have yielded as places to puff have diminished over the years, but many of them, and even some nonsmokers, are saying the city has gone too far

this time. Health experts disagree on the hazards of a whiff of smoke outdoors, and critics argue cigarette smoke is just one of many nuisances to contend with in a crowded city. They also question whether the city is trampling on civil liberties.

Even actress and TV host Whoopi Goldberg spoke out against the ban on national television, noting shortly after the city council approved the ban that inhaling exhaust fumes from the city's fleet of taxis and buses isn't exactly healthy, either.

"There should be a designated place, and I'm tired

of being treated like some damn criminal," said the co-host of ABC's *The View* during the show's Feb. 3 broadcast.

The city health commissioner, Thomas A. Farley, said the ban is aimed at protecting the most vulnerable, such as asthma sufferers who are susceptible to respiratory attacks from exposure to second-hand smoke.

But most of all, he said, it was about ensuring that the city's 22.5 kilometres of beach and more than 1,000 parks were free of the nuisance and open to all.

THE ASSOCIATED PRESS



► Smokers in Times Square in New York.

Hamas bans male hairdressers

A Gaza rights group says the ruling Hamas militant group has barred male hairdressers from working in women's salons.

The Palestinian Center for Human Rights said yesterday that five male hairdressers were interrogated and forced to sign declarations that they wouldn't work in women's salons.

Male hairdressers for women are rare in conservative Gaza, where genders rarely mix in public.

THE ASSOCIATED PRESS

Firms poised to pull Mideast staff

► Tripoli airport remains open to commercial flights ► Canadian energy companies have their own contingency plans to safeguard workers

Canadian businesses with a presence in the Middle East are preparing staff evacuation plans as political unrest and bloody revolts spread across the Arab world.

At least three Canadian companies, Suncor Energy, SNC-Lavalin Group and Pure Technologies, were evaluating the security of operations in Libya. Jack Elliott, president of Calgary-based infrastructure manager Pure Technologies, said the company was preparing to evacuate 14 employees. Montreal-based engineering firm SNC-Lavalin said yesterday that its employees in Libya were safe, but work on some of its projects had been temporarily suspended.

"The situation's very unstable there, so we thought it's better to get them out, at least until things settle down."

JACK ELLIOTT, PRESIDENT, PURE TECHNOLOGIES



Suncor spokesman Brad Bellows said the Cal-

gary oil and gas company has contingency plans to ensure staff safety.

Foreign Affairs Minister Lawrence Cannon said yesterday that there are an estimated 500 Canadians in Libya and about 350 have registered with the Canadian embassy in Tripoli.

There are no immediate plans for a government evacuation, he said. **THE CANADIAN PRESS**

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
Closed yesterday			\$3.932 (+ 5.6¢)
	+ 0.23¢ (101.65¢ US)	+ \$4.03 US (\$90.23 US)	Gold contracts \$1,403.60 (+ \$15)

AP/WIDEWORLD

House. On fire



ANDY WONG/THE ASSOCIATED PRESS

► Beijing recently restricted home purchases in a move to deflate bubbles in the real estate market.

Bubble trouble

Property prices rose in most Chinese cities last month despite renewed efforts to cool China's overheated market, the government said yesterday. Soaring prices have become a major concern for urban residents as more homes become unaffordable.

Ads give face value

As anyone who uses it knows, it can be hard to tell the ads from the content on Facebook. That's deliberate, says Facebook Canada managing director Jordan Banks.

"A Facebook ad has to be non-interruptive, timely, relevant and personalized,"

Banks says. In other words, the ads must look and feel just like the free voluntary content Facebook users post on their pages.

Facebook's ad revenue is projected to double to \$4.05 billion US this year. But even with a reach of 550-million followers world-

wide (including 15-million Canadian visitors a month), social media continue to be a tough sell. Many brands are uncertain how to divide their budget between conventional and new media.

Banks's job is to convince the "top 200 brands" that it's worth being on Facebook. With its massive database of users and detailed knowledge of who they are and what they like, Facebook offers brands an ability to connect directly to a specific segment of that audience, he says.

Banks says social media have changed the way people interact on the web. Instead of randomly clicking and searching for information, people turn to friends and family for trusted advice. The "like" button allows the brand to tie its ad to personal recommendations. "It's word of mouth on steroids," Banks says.

TORSTAR NEWS SERVICE



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Retire your ride before time runs out.

Retire Your Ride rewards Canadians for recycling their older polluting vehicles — but the program ends March 31st. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit RetireYourRide.ca or call 1-877-PRE-1996 today.

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KEEPING IT CASUAL IN THE FRIEND ZONE

She says ...

JESSICA
NAPIER



All friendships require a certain amount of chemistry. But when two heterosexual people of the opposite sex become buddies, sometimes those friendly feelings can start to resemble something more like sexual tension.

Male-female friendships can be an emotional minefield of hidden desires. Does this mean you secretly want to jump into bed with all of your friends? Of course not. But do you ever wonder how many of them might be interested if the opportunity presented itself? Maybe you and your platonic pal are just a bad breakup

and a bottle of wine away from crossing that boundary and hooking up.

So, can two people of the opposite sex ever really be "just friends?"

The Hollywood answer to this age-old question is a decisive HELL NO. On screen, male-female friendships always turn into something more. Harry and Sally, Chandler and Monica, Jim and Pam ... do I need to go on? Even the characters in *Just Friends* wind up becoming much more than the film's definitive title suggests. Cinematic clichés dictate that when reasonably attractive men and women befriend one another they are always on the road to

romance, whether they realize it or not.

But how much truth is there to this friendship as foreplay theory?

"So, can two people of the opposite sex ever really be 'just friends?'"

Not a whole lot. Real life isn't a romantic comedy; men and women go to school together and hang out in plenty of platonic settings without falling hopelessly in love

with one another.

Last year, a close (female) friend of mine moved in with a new (male) roommate. My immediate reaction was, "You two are definitely going to sleep together." Perhaps I've watched too many rom-coms but it seemed to me that a single man and

woman living under the same roof would inevitably end up doin' it.

Much to my surprise the roommate romance never transpired; almost one year later the two of them have never even come close to seeing each other naked. Instead, their cohabitation has come to resemble a sexless marriage. They cook for each other, argue over domestic chores and insist that they never, ever think about each other "that way."

Ultimately, just because two people can have sex doesn't mean they want to. Sometimes guys and gals are better off keeping it casual in the friend zone.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER



Beer and fitness do mix

Worth mentioning

Beer. It's not just for couch potatoes anymore.

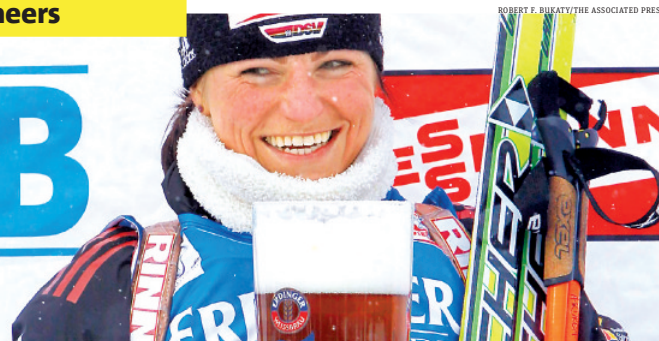
A Bavarian brewmeister is touting its no-alcohol beer as the latest sport drink for athletes, handing it out at the finish line of sporting events and touting its regenerative benefits.

Unlike Gatorade, Erdinger Alkoholfrei is served up with a frothy head. And it comes in one colour — a golden hue — unlike conventional sport drinks.

Several top athletes from Europe quaffed the beverage from giant mugs on the podium of the World Cup biathlons held this month in northern

Cheers

B



ROBERT F. BUKATY/THE ASSOCIATED PRESS

Maine.

The company touts the beverage as an isotonic, vitamin-rich, no-additive beverage with natural regenerative powers that help athletes recover from a workout. In other words, it's carbohydrate-loaded refreshment without the alcoholic buzz of beer or the jitters caused by some energy drinks.

Promoted as a "sports and fitness drink," Erdinger began targeting athletes in 2001 in Europe with an advertising campaign featuring a pair of triathletes. Its popularity quickly grew in Europe, where it's often distributed for free in the finishing area of sporting events.

THE ASSOCIATED PRESS

Are you excited about the Oscars? Why or why not?

Email halifaxletters@metronews.ca
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Metro Minute with skating on the oval

Haligonians, the Canada Games oval is yours again to skate on.

After hosting long-track speedskating at the Canada Winter Games last week, the oval is now free of competition and public skating has resumed on the Halifax Common.

Everyone is welcome and can bring their skates to take some laps around

the lengthy surface.

Hundreds of people have been back skating on the oval since re-opening Sunday and many more are expected in the coming weeks.

The plan is for the oval to remain open for public skating until mid-March, weather permitting, of course.

● METRO



RYAN TAPLIN/METRO

► The oval is now free of competition and open to the public for skating.

2

scene

Box Office



Liam Neeson has proven himself a known quantity again at the box office. Neeson's thriller, *Unknown*, debuted as the No. 1 movie with \$21.8 million, following in the footsteps of his 2009 action hit *Taken*, according to studio estimates Sunday.

Another action tale, *I Am Number Four*, opened at No. 2 with \$19.5 million.

A Warner Bros. release, *Unknown* stars Neeson as a botanist who awakens from a coma to find his wife claims she does not know him and that another man has taken his identity.

The weekend's other new wide release, Martin Lawrence's comedy, *Big Mommas: Like Father, Like Son*, was No. 5 with \$17 million.

THE ASSOCIATED PRESS

Behind the scenes on the Red Carpet

► Metro talks to E! hosts Ryan Seacrest and Giuliana Rancic about the Hollywood Red Carpet experience ► How are they preparing for Oscar day? ► Who are some of the most elegant stars?

METRO: How do you remember all the things about each celebrity you interview on the Red Carpet?

RYAN: I happen to be a fairly ardent film and television junkie, which really helps. Plus I have a great team surrounding me who keep me informed so that I am never really out of the loop.

What is your opinion of Anne Hathaway and James Franco as hosts for the Oscars? Doesn't the show fare better with a comedian as host?

They are true movie stars, and I think they will have viewers eating out of their hands from the moment they walk onstage.

As a popular TV figure you surely get lots of attention when you travel. What is the strangest/funniest proposal you've received from a fan?

Actually, fans are really lovely to me and rarely make inappropriate advances. Of course, there is always the odd stranger who approaches me in a busy airport and truly expects me to get them on *Idol* based on that chance meeting.

How do you keep things fresh after doing so many Red Carpets? Doesn't it get old?

Every awards show presents new opportunities because of the new material the actors do from year to year. Talking with Jeremy Renner about *The Hurt Locker*, for example, is very different than talking with him about *The Town*.

What's the craziest thing you have seen at an awards show after-party?

I wish I could tell you

Red Carpet

► Showtime. Live From The Red Carpet: The 2011 Academy Awards airs Sunday, Feb. 27 starting at 6 p.m. ET on E!

something, but I am usually preparing for the next day's E! News after the awards shows.

Who do you think throws the best after-party in Hollywood?

For sheer star power and glamour, you really can't beat the Vanity Fair party. It has become an institution and many stars feel like they have not "arrived" until they have been invited.

Who do you think are the most elegant/fashionable male and female celebs who never disappoint on the Red Carpet?

In just a few short years, Anne Hathaway has really become one of the fashionistas to watch. Among the guys, Clooney and Pitt never seem to disappoint fans.

Women spend hours readying for the Red Carpet. How about you, Ryan? Any special grooming regime to prepare for the big day?

There is not really a day that goes by that I am not on camera, so prepping for it is just part of my daily routine. On Red Carpet days, however, I do try to wait as late as possible to shave since my day starts so early. You just don't want to hug Meryl Streep with stubble, you know?

METRO: Do you actually watch all the nominated movies and shows? Where do you find the time?

GIULIANA: It is simply impossible to watch everything, so I really try to focus on the major categories and the "star vehicles" since I know I will likely be talking with those stars on the carpet. Luckily, by the time Oscars gets here, I've had more time to fill in some of the gaps after Golden Globes.

What is the weirdest thing you have seen on the Red Carpet?

One of the strangest things I've witnessed on the Red Carpet was when the gorgeous young actress Megan Fox said that she thought she looked like a transvestite when she looked in the mirror. She was dead serious when she said that in the interview and it shocked everyone because she is so stunning!

Who was the last celebrity who made you feel star struck, and why?

The last celebrity who made me feel star struck was Al Pacino.

At the last Emmy Awards, he arrived late and wasn't going to do any press, but I ran down to the carpet and brought him back up to the E! platform for an interview that ended up being great!

Do you do any special preparation regarding fashion for the Red Carpet? Do you read up on designers, or do you have people working for you who try to find out who will be wearing what so that you are prepared?

Yes, we have a fashion squad that is devoted to learning who will be wearing what leading up to the big day.

I like to know the designers, trends, colours and silhouettes that are going to be the most prominent on the carpet beforehand so I can let the audience know what to expect.

How much of what you ask the stars on the Red Carpet is your personal choice and how much is from your team telling you what to ask?

Oh, it is a healthy combination of both. Since I research, write and report entertainment news every day,

I already know a lot of what is topical and on viewers' minds. Luckily, I have great producers who will also tell me important bits of information beforehand in our pre-meetings as we prepare for the big day so that I don't forget to ask something big.

Since you are on the Red Carpet and doing Fashion Police the next day, aren't you a little worried about what Joan Rivers might have to say about your Red Carpet appearance?

Joan has one of the keenest eyes for fashion in the world. I would gladly accept any constructive criticism she would have.



A dogged Aussie filmmaking collective lands at the Oscars, with more movies to come

Folk-rock royalty: The next generation

► Rufus Wainwright announces birth of daughter ► Newborn's mom is offspring of Leonard Cohen

Montreal-raised singer Rufus Wainwright is a dad — and the baby is the grandchild of legendary musician Leonard Cohen.

Wainwright made the announcement on his website, saying Viva Katherine Wainwright Cohen was born Feb. 2 in Los Angeles.

He said the baby was born to "proud parents Lorca Cohen, Rufus Wainwright and Deputy Dad Jorn Weisbrodt."

Weisbrodt is Wainwright's romantic partner.

Wainwright is the son of Loudon Wainwright III and the late Canadian folk singer McGarrigle. Lorca Cohen's mother is artist Suzanne Elrod, who had two children with Leonard Cohen.

In the posting on his website, Rufus Wainwright

referred to himself as "Daddy #1."

"Daddy #1 would like to offer everyone a digital cigar and welcome the little lady in with a French phrase from his favourite folk song, A La Claire Fontaine: 'Il y a longtemps que je t'aime, jamais je ne t'oublierai,'" Wainwright wrote.

He also pointed out that some articles have incorrectly characterized Lorca Cohen as "the surrogate."

"Of course, she is no such thing," Wainwright wrote. "She did not carry the child for someone else. Lorca Cohen is the mother of the baby and Rufus Wainwright is the father."

Wainwright has released several albums and recently wrote the opera Prima Donna.

THE CANADIAN PRESS

TIMES.COM



► Singer Rufus Wainwright is now a proud papa to Viva Katherine Wainwright Cohen.

ALL PHOTOS GETTY IMAGES

Brangelina's latest addition (no, it's not a baby)



► Brad Pitt and Angelina Jolie

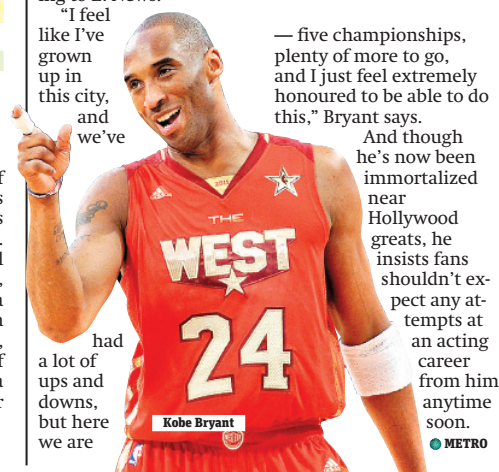
Brad Pitt and Angelina Jolie are reportedly constructing an apartment on the grounds of their estate in France for Pitt's parents, who are moving in to help the couple with their six children, according to the Sun.

"The whole family is going to move there as soon as the renovations are done," a source says. "At the moment they have six

nannies — one for each of the kids — and the plan is to get rid of the helpers and rely on Bill and Jane.

"The annex they will live in is an old building, which used to be used as a dovecote. It's big enough to have a sitting room, kitchen and a couple of bedrooms. It will make a lovely little cottage for them."

● METRO



had a lot of ups and downs, but here we are

Kobe Bryant

— five championships, plenty of more to go, and I just feel extremely honoured to be able to do this," Bryant says.

And though he's now been immortalized near Hollywood greats, he insists fans shouldn't expect any attempts at an acting career from him anytime soon.

● METRO

Lainey's Oscar file

BEST ACTRESS: JENNIFER LAWRENCE

Winter's Bone
Lawrence's nickname is "Nitro," given to her because growing up in Kentucky she was a self-described tomboy who excelled at several sports and even played on an all-boys basketball team.

And don't accuse her of going all Hollywood. Lawrence has insisted that there's a lot of "redneck" in her still, once

joking that she's "attracted to her brother."

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON

CTV. CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV (6:30 P.M. ET), A (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT



► Jennifer Lawrence



LAINY, ETALK CORRESPONDENT AND AUTHOR OF LAINYGOSIP.COM

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Talking points

Unlucky Number Four?

SPLITSVILLE. Dianna Agron and her I Am Number Four co-star Alex Pettyfer have split after less than a year together, according to Us Weekly.

Sources say Agron has also moved out of the home she was sharing with the British actor. Less than a month ago, reports circulated that the pair was engaged to be married, which Agron's rep vehemently denied.

● METRO

Kobe feted in Hollywood

ACCOLADES. Kobe Bryant got his star on the Hollywood Walk of Fame recently and also became the first athlete to be honoured at Grauman's Chinese Theatre Saturday afternoon when his hands and feet were immortalized in cement, according to E! News.

"I feel like I've grown up in this city, and we've

Celebrity tweets



Jessica Alba
[@jessicaalba] No matter how

full I am my tummy rumbles when I get a whiff of fresh popcorn. Ever happen to you?



Howard Stern
[@HowardStern] Watching

american idol. I have gas but I'm holding it in out of respect for my wife.



Chris Colfer
[@chriscolfer] I waste so

much thought searching for plots in music videos.



Sarah Silverman
[@SarahKSilverman]

FUN TIP: Insulting a celebrity shows people that u know a celebrity! "Sly's great but he's SO Paranoid." ● METRO

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3 life

CARE enough to walk in their shoes

► Celebrity fitness trainer Ramona Braganza shares her new cause: CARE Canada's Walk in Her Shoes



RAMONA BRAGANZA
LIFE@METRONEWS.CA

Get ready to do some serious walking.

I always considered walking to be a terrific way to get fit, so when CARE got in touch with me to help them out with such a unique and worthy cause, I was more than excited to participate. CARE's Walk in Her Shoes is not only a great way to get fit, but to also experience what it must feel like to be one of millions of women and girls around the world who must walk an average of six kilometres (8,000 steps) a day to collect water or firewood, all the while carrying the equivalent of a heavy suitcase just to survive.

Here in Canada, the average person walks only 2,000 steps a day. For us walking is not a means of survival, but it can be a great way to get fit. Walking 8,000 steps over the course of a day has such great benefits: studies show that walking can, among other things, reduce the risk of heart disease, lower blood pressure and reduce body fat. It requires no special training and no special equipment, and it's something we are meant as humans to do naturally.

Also, it can be a lot of fun.

Participating in the Walk in Her Shoes one week challenge is a great



To take part

To help break the cycle of poverty and in celebration of the 100th anniversary of International Women's Day on March 8, CARE is challenging Canadians to either walk 8,000 steps a day from March 2, finishing on International Women's Day; or, build their own Walk in Her Shoes challenge, setting their own step count and timeframe.

► Visit care.ca/walkinher shoes and sign-up for Walk in Her Shoes or make a donation to support the challenge and CARE's work.

► For more tips from Ramona Braganza, visit metronews.ca/walkinher shoes

way to get hooked on walking on a regular basis. The pedometer you receive is a great tool to keep you accountable — almost like having a trainer right there beside you.



► CARE's challenge to Canadians: Walk 8,000 steps every day from March 2 until International Women's Day on March 8, or build your own Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

As a trainer I have a few tips that I'll share with you over the next two weeks as I train along-side other Walk in Her Shoes participants. Visit metronews.ca/walkinher shoes to learn more.

The most important tip to help you get started: Wear proper shoes. They must fit well, flex well and

give you enough support. Walking shoes should be flat.

Comfortable running shoes work best for most walking programs.

Fitness future



Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her third story appears on Metronews.ca today and concludes with a wrap up story in the Feb. 28 edition of Metro.

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Self-injury YouTube videos may reinforce behaviour among viewers, study suggests

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ADVERTISING FEATURE

Jonathan Neil Salon & Spa Celebrates New Location

Jonathan Neil Salon opened in the fall of 2008 on Queen Street in downtown Halifax. Owners Jon and Vanessa Foss brought with them 20 years of experience in the hair and beauty industry and 15 years in advanced client care and merchandising. This salon was opened with the vision of offering people a warm, relaxed and dynamic salon to enjoy, while also providing stylists with a supportive, creative platform from which to perform.

In January 2011, Jonathan Neil Salon moved into the Park Victoria building, merging with another highly successful salon, From The Neck Up. From The Neck Up has been in this location for 33 years, run by Sandra Dauphinee. This was a highly exciting transition for both salons to becoming one, Jonathan Neil Salon and Spa.

Our new location offers a welcoming, bright and spacious atmosphere, flooded with natural light. We offer a full range of salon and esthetic services where you can treat yourself to the ultimate treat-

ment for relaxation and rejuvenation.

We are a Redken premiere salon, pleased to offer the services of several Redken color-certified hair care professionals. We carry full Redken, Moroccan Oil, and Pureology hair care lines, allowing clients to maintain their style at home. We also offer INOA, the ammonia-free hair color!

Using the Bioelements skin care line, we offer customized facials, masks, and peels. We also customize anti aging treatments and surgical free lifts. All these treatments can be supported by our take home skin care regimes. We provide both full and express manicures, pedicures and OPI Axxium Nail application; an update on the standard gel nail experience. Unlike standard gel nails, Axxium is designed to go on the natural nail offering flexibility in a variety of colors, it dries instantly and can last weeks!

As a team, we are committed to education and would be happy to share our knowledge and experience with you.



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Thoughts on...

Mistakes

ADVICE It is easy to be negative about past mistakes, but our past helps us to advance to higher levels of living and loving.

They are the building blocks that help us to shape our life.

Some of us have emerged from these mistakes with strong insights about who we are and what we want.

Our mistakes?

Necessary.

Our frustrations, failures and detours? Also necessary. Each step of the way, we learn. We go through exactly the experiences we need to become who we are today.

So, is our past a mistake? No. The only mistake would be to believe otherwise.

Shift your perspective and be grateful for everything that has brought you to this moment.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Cold weather fitness

► How to keep your fitness routine on track this winter ► Ten tips to keep you on the move

DAILY SQUEEZE

LARRY TRACK

A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.



Staying in shape through the winter months can be a challenge. But maintaining an exercise routine should be a part of your lifestyle throughout the entire year. Here are my Top 10 tips for staying motivated as the mercury drops.

1. Get outside

Take advantage of the colder season by participating in activities you can only do this time of year, such as skiing, snowboarding or ice-skating.

2. Stay inside

If the weather is dreadful outside, stay motivated by introducing variety into your workouts. Try purchasing a new fitness toy,



► Try new things to keep you active even when it's cold out.

medicine ball, jump rope, exercise video or stability ball.

3. Drink more

When exercising in cold weather, it's harder to gauge your fluid loss, but it is still easy to become dehydrated. Fluid replacement is essential, even in chilly weather. Water is best.

4. Plan for indoor fitness

Rain and snow are no excuse. Plan ahead by finding an indoor location before you need it. This is a great

"When exercising in cold weather, it's harder to gauge your fluid loss, but it is still easy to become dehydrated. Fluid replacement is essential."

time to window shop with five to 10 laps in your local mall.

5. Train for the summer

If your favourite sport is golf or baseball, choose workouts that mimic motions used in these sports to keep those muscles strong, flexible and ready for spring.

6. Try new things

Try yoga, aerobics, indoor rock climbing or spinning. The more you challenge your muscles, the better results you can gain.

7. Layer up but don't overheat

Garments can be removed and replaced as needed. Keep dri-fit based layers close to skin to absorb sweat, and wear a wind-protecting outer.

8. Adapt to indoor fitness

Changing workout conditions require a change in your shoes and other equipment too. Try a trail running shoe to keep you from slipping as you run.

9. Don't forget your hat

A hat or toque can prevent as much as 50 per cent of total heat loss when you're outside. Even better, look for one made with dri-fit material to absorb sweat.

10. Set a goal for the spring.

Knowing you have a target to hit for the spring will keep you motivated throughout the winter. Sign-up for a half-marathon.

With a few more months to go, don't let winter get you down. Instead, embrace the chilly temps and keep moving the best you can.

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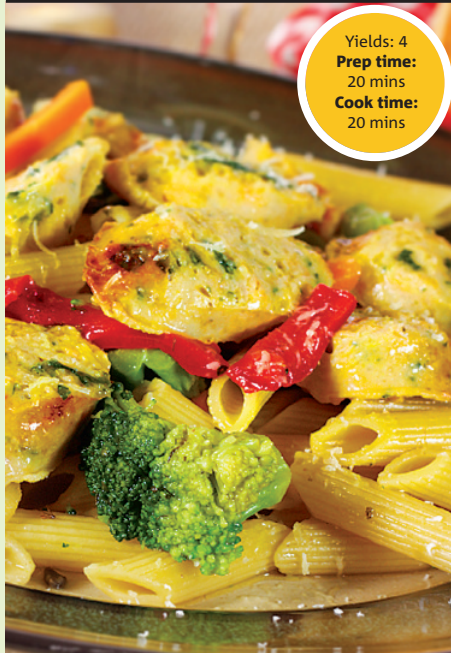
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Turkey and Broccoli Pasta

Yields: 4
Prep time:
20 mins
Cook time:
20 mins



EMILY RICHARDS
FOOD@METRONEWS.CA

A quick way to add fresh broccoli to your pasta is to cook it in the same water for a couple of minutes.

You can use any of your favourite short pasta like shells, rotini or rigatoni for this pasta dish.

You can also use leftover chicken or turkey for this weeknight meal.

Preparation:

1 In non-stick non-stick skillet heat oil over medium heat and cook onion, garlic, oregano and chillies for about 5 minutes or until softened. Add tomatoes and salt; bring to boil. Reduce heat and simmer for about 15 minutes or until thickened.

2 Meanwhile in large pot of boiling salted water cook pasta for 8 minutes. Add broccoli and cook for 2 minutes or until pasta and broccoli are tender but firm. Drain and return to pot. Add tomato

Ingredients:

- 1 tbsp (15 mL) extra virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) dried oregano leaves
- Pinch hot pepper flakes
- 1 can (28 oz/796 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- Pinch pepper
- 4 cups (1 L) penne rigate pasta
- 3 cups (750 mL) chopped fresh broccoli
- 6 oz (180 g) deli sliced roast turkey, chopped
- 1/4 cup (50 mL) chopped fresh Italian parsley
- 1/3 cup (75 mL) grated Parmesan cheese

sauce, turkey, parsley and Parmesan and toss to coat.

Tip: You can purchase flavoured chicken or turkey in the deli. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.**

An unexpected oasis in Bayers Lake Business Park

► Opa! Greek Taverna's location among fast-food joints makes it stand out

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

It's a treat to find a stylish restaurant in a business park that usually hosts chain restaurants and fast-food joints.

I've often enjoyed Opa's downtown location, but this is my first time here.

It feels exotic to sit under an olive tree — even if it isn't real. The restaurant is busy but the service is quick and cheerful.

My pal decides on a Souvlaki Lamb Pita. Other options include chicken, pork and Seftalia (a Greek specialty of ground lamb and beef).

The tender chunks of lamb are wrapped in pita



► The Souvlaki Lamb Pita at Opa! is stuffed with chunks of veggies and meat.

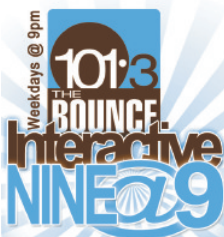
bread, along with many chunks of tomato and onion, and tzatziki, the Greek yogurt/garlic sauce. It's delightful and filling.

I'm a Moussaka fan so I order the vegetarian version with layers of grilled

eggplant, potato, zucchini, artichoke and roasted red pepper with tomato sauce. It's flavourful, and topped with béchamel sauce.

There are many more temptations on the menu waiting for a return visit.

► **OPA! Greek Taverna**
215 Chain Lake Dr.
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opataaverna.com
Reservations: Yes
Social lunch: Yes
Price range: \$\$\$
Rating: 4 out of 5



For February 21st

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- 8 Pink - Perfect
- 7 Katy Perry ft Kanye West - ET
- 6 Ke\$ha - Blow
- 5 Classified - That Ain't Classy
- 4 Wiz Khalifa - Black & Yellow
- 3 Lady Gaga - Born This Way
- 2 Britney Spears - Hold It Against Me
- 1 Avril Lavigne - What The Hell

2 1013THEBOUNCE.com

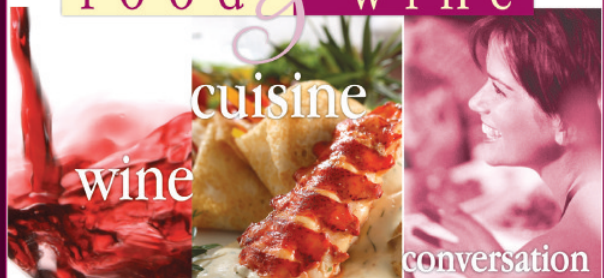


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▶ Monika & Tomasz

LIFE IS FULL OF SURPRISES

Names: Monika, 35, and Tomasz, 33

Hometown: Edmonton

Together since: 2008

Their story:

If there is one thing I (Monika) know for sure, it's that life is full of surprises, so be prepared!

I met my husband two years ago, thanks to "Our Class" — a sort of Polish Facebook.

Tom came across my profile as we had some mutual friends. When he noticed that we grew up in the same city in Poland, and that we both lived in Dublin at that time, he de-

cided to email me.

Normally I wouldn't reply to strangers, but something just told me to write back.

After a few days of emailing, we decided to meet. Before our first date, Tom told his friends that he had a feeling I would become his wife.

We started dating and were soon spending every minute together.

After a few months, I received a lovely birthday present: Tom whisked me away to Paris for a fantastic getaway! One night was particularly special: We went for a dinner near the Eiffel Tower and Tom proposed to me at midnight — I immediately said yes! In 2009, we were married in Poland. We moved to Edmonton shortly thereafter to begin our new life as husband and wife.

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ACCEPTING THE ABSENT-MINDED

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS



How come my husband always forgets stuff? I will call him at work to remind him, and it doesn't matter how many times I text him — he never comes home with the stuff I've asked for. Why? And what can I do to get him to remember?

Derek says...
Sounds like you're doing all the right things, but some leopards can't change their spots. Certain guys aren't hardwired for this stuff. I'm not making excuses for him, I'm just saying.

Angela says...
Yeesh! If texting doesn't work, maybe he needs to

phone you as he's heading home for a verbal reminder?

The reality is that some people are just absent-minded no matter how hard they try.

And in a relationship, there will be one partner who is dominant when it comes to remembering to bring home bread and broccoli for dinner.

But maybe the other will remember when the car needs an oil change. If it all balances out, just accept — and embrace — the absent-minded professor in your life.

Hopefully he's aware he forgets and compensates in other areas.

Five big before-you-borrow ifs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONWS.CA



Here's how borrowing to contribute to your RRSP (in the biz world it's called leveraging), is supposed to work. You take out a loan, make the contribution, get a tax deduction and, hopefully, a refund. You repay the loan, the investments grow and you live happily ever after.

It's a great idea, on paper. In reality, I rarely see it work. People invari-

Money matters

If you can say yes to the five IFs, take a look at Credit Canada's RRSP loan calculator to see how it might work out for you.

► crediteducationweekcanada.com/calculators/rrsploan.html



► Be realistic. Are you ready for your newfound riches?

ably fail to look at their own behaviour. If you haven't been able to make the RRSP contributions throughout the year, how are you going to pay back the loan?

I'm not ruling out borrowing for your RRSP contributions – but only if you can say yes to these five IFs.

If you have a taxable in-

come You'd be shocked how often those with contribution room, but no taxable income, contemplate borrowing to deposit money in their RRSPs.

Obviously, the higher your marginal tax rate, the better the strategy looks. But don't forget that interest on money borrowed to contribute to an RRSP is not tax de-

ductible.

If you don't have high interest, non-mortgage debt It makes absolutely no sense to borrow money for an RRSP when you're already paying high rates on credit card debt, (usually between 12 and 19 per cent), or on retail card balances (up to 29.9 per cent).

If you're disciplined enough to take the tax refund and slap it on the loan

If you can pay back the loan quickly Most in the financial industry suggest aiming for a year, maximum, to discharge the debt, and I agree. By not paying it off within a year you risk making it a permanent part of your debt load.

If you can invest the money wisely There's nothing more disheartening than borrowing to contribute to your RRSP then seeing that money shrink by 20 or 30 per cent because of stock market losses.

The great pension debate

► At some point you will have to make a choice about your pension ► Should you keep it with your employer, or should you take a lump sum cash payment and roll it into an RRSP?

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS



It's now estimated that fewer than 40 per cent of Canadians are covered by a registered pension plan.

A report by the Certified General Accountants Association of Canada (CGAAG) concludes that "the ability of Canadians to maintain a financially comfortable and healthy lifestyle after retirement has become one of the nation's most vexing challenges."

Canadian workers will at some point in their ca-

reers have to make a choice about their pensions — whether they keep it with their employer or whether they take their contributions in a lump sum cash payment.

"What's the best choice to make?" asks Scott Gerlitz, a financial adviser with Edward Jones in Calgary. "It's a big question. Unfortunately, many people don't know all their options and all the factors they should consider."

"If you have a family history of people dying early, and you don't expect to live long yourself, it may make sense to have the cash now," Gerlitz says. "Some folks may want to spend money on travel and other things



► Build a better future by planning for your retirement.

while they are still healthy enough to enjoy them."

Many pensions don't have inflation protection. Most Canadians can expect to live in retirement for 30 to 35 years. An annual inflation rate of three per cent a year over 30 years can significantly reduce the buying power of a fixed pension at the end of that 30-year period.

Some options include taking your lump sum and rolling it into a personal RRSP or Locked-in Retirement Account (LIRA) and investing it in income-generating investments, such

as GICs, bonds or blue chip dividend-yielding equities, which can grow over the years and provide protection against inflation.

You've also got to think about the long-term future and viability of your pension payer. Just think of Nortel and Enron. "If people had drawn their pensions they'd have all of it instead of zero," says Gerlitz. "As well, defined benefit pensions are going the way of the dodo bird."

There are basically two types of retirement plans: Defined Benefit plans pay fixed amounts, typically

between 60 to 70 per cent of the worker's salary.

Defined Contribution plans, however, have a fixed contribution, usually based on a percentage of the employee's salary and a portion of that matched by the employer, with the employee taking full responsibility for managing the money. "You need to know what kind of person you are and how responsible an investor you are," Gerlitz says. "Studies have shown that people spend more time planning their vacations than they do their retirement."

3

LAST-MINUTE RRSP TIPS

Find an advisor

► Chasing returns or the next big thing can only lead to disappointment. Guidance from an experienced investment advisor will take emotion out of the mix and help you meet your financial goals.

Contribute now

► Don't worry about how to invest your RRSP contribution. Temporarily park your contribution in a money market fund today and rebalance your portfolio tomorrow.

Diversify

► Canada's equity market represents only about five per cent of the world's entire stock market. It makes sense to diversify your portfolio and invest in global markets. Consider different asset classes to limit risk. **NEWS CANADA**

Income splitting

► "You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement planning expert at Investors Group. "For example, many peo-

ple aren't aware that increasing the income of the lower taxed spouse could have an impact on various credits and benefits such as claiming medical expenses."

► Financial tips and investment information are available online at investorsgroup.com. **NEWS CANADA**

Ask an advisor:

- ▶ How can I balance saving for both today's needs and retirement without sacrificing my most important priorities and goals along the way?
- ▶ When do I plan to retire, and what kind of lifestyle do I want?
- ▶ What are my expected sources of income in retirement (such as pensions, savings, inheri-

- tances or sale of a business)?
- ▶ What do I want my legacy to be and how might I include planned giving in my financial plan?
- ▶ What unique personal circumstances need to be considered in my financial and retirement planning?
- ▶ Should I invest in RRSPs, TFSA's and/or non-registered investments? How does my retirement plan fit in with my overall comprehensive plan?

Rethink retirement

▶ Good planning starts with asking the right questions ▶ A financial planner can help you address your unique situation at all stages of life

Have you contributed to an RRSP?

This is an important consideration for many Canadians, although it's not necessarily the only question to ask when it

comes to planning for your retirement.

"Good planning starts with asking the right questions," says Cary List, president and CEO of the not-for-profit organization

Financial Planning Standards Council (FPSC).

"One of the most important questions Canadians should ask themselves is: Do I have a comprehensive financial plan that addresses my unique life goals, including those for retirement?"

A recent FPSC study confirmed that 61 per cent of Canadians with comprehensive financial plans feel confident in their ability to retire compared with only 27 per cent who seek no planning advice.

Additionally, the study revealed that these folks are also

finding ways to put aside money for other life priorities along the way.

FPSC encourages Canadians to talk to a certified financial planner about their life goals, including retirement, to create a meaningful financial plan.

"Asking the right questions with a CFP professional can make all the difference when it comes to ensuring your financial plan uniquely addresses your situation for all stages of life," adds List.

You can learn more about financial planning online at fpsc.ca.

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ISTOCK IMAGES

Working after 65 can impact RRSPs

With mounting evidence that they are not financially prepared for retirement, it shouldn't come as a surprise that many Canadian boomers are expecting to work longer than they anticipated to help fund their retirement lifestyle.

About six per cent of Canadian workers continue to work full-time after age 65. However, research indicates Canadians are expecting to work longer.

A survey by AXA, for example, has found that many Canadians believe they will now have to take retirement later than they originally thought, and the majority (57 per cent) can't estimate what their retirement income will be.

But working in retirement can have an impact on people's Registered Retirement Savings Plans (RRSPs).

"If you do work in re-

tirement you will need to assess when and how much you should take out or convert into a Registered Retirement Income Fund (RRIF)," says Dave Ablett, Director of Tax and Retirement Planning with Investor's Group.

If your work in retirement can sustain your lifestyle, you may be able to postpone converting your RRSP into a RRIF to the mandatory age of 71.

If it can't, you may want to convert some of your savings in order to supplement your working income.

If you are over 65 and continue to work you can continue to contribute to your RRSP and you may be able to contribute to a spousal RRSP. All provinces in the country have eliminated a mandatory retirement age.

● TALBOT BOGGS,
THE CANADIAN PRESS



▶ Tajuan Porter has signed in France.

Rainmen go big at point guard

The Halifax Rainmen gained almost a foot in height at the point guard position yesterday.

Backup point guard Tajuan Porter, just five foot seven, left the team for a more lucrative pro contract in France, and the Rainmen replaced him with six-foot-six floor general Trayvon Lathan.

Lathan finished third in International Basketball League scoring and rebounding last season with 26.3 points and 11.5 boards per game with the Los Angeles Lightning.

"He definitely gives us a lot of length," said owner Andre Levingston. "He reminds me a lot of (ex-NBA players) Brian Shaw (six foot six) with a little bit of Penny Hardaway (six foot seven) with the athleticism. He can play, man."

Porter came to the Rainmen with a reputation as a three-point shooter, but hit just 25.5 per cent of his team-high 47 attempts. He was averaging 6.5 points through 11 games.

Lathan joined the Rainmen yesterday. Starting point guard Taliek Brown, meanwhile, is expected to return to practice tomorrow after missing most of last Saturday's game with a hamstring injury.

Levingston said the injury is "not as bad as we thought."

The Rainmen, 6-4, visit the Saint John Mill Rats, 5-4, on Friday at 7 p.m.

● MATTHEW WUEST

Nova Scotia picks up win in P.E.I.

- ▶ Smith-Dacey's rink improves to 3-2 at Scotties Tournament of Hearts
- ▶ Contenders Ontario and Saskatchewan continue to look like teams to beat

FRANK GUNN/THE CANADIAN PRESS



▶ Nova Scotia skip Heather Smith-Dacey of Mayflower delivers a rock yesterday against British Columbia at the Scotties Tournament of Hearts in Charlottetown, P.E.I.

The two front-runners at the 2011 Scotties Tournament of Hearts stayed that way yesterday.

Ontario and Saskatchewan are still perfect at the Scotties Tournament of Hearts.

Rachel Homan's Ottawa rink got past B.C.'s Kelly Scott 6-5 in Draw 8 action last night, while Regina's Amber Holland downed Quebec's Marie-France Larouche 7-6.

"We know what we have so it doesn't surprise me we played as well as we did. We played solid two games now."

HEATHER SMITH-DACEY, NOVA SCOTIA SKIP

Ontario and Saskatchewan both sit at 5-0, while Quebec and B.C. fell to 2-3.

In the afternoon, Heather Smith-Dacey of Mayflower improved to 3-2 with a 12-6 win over B.C. skip Kelly Scott, and Quebec's Marie-France

Larouche edged Manitoba's Cathy Overton-Clapham 7-6 to improve to 2-2.

"We're starting to execute back-to-back shots and that's more like us," said Smith-Dacey. "We have two players new to the Scotties and, for me, I'm five weeks into my

new role (as skip, replacing Colleen Jones) so it was going to take a bit of time to get going."

In other Draw 8 play, Team Canada skip Jennifer Jones (3-2) fell 8-6 to P.E.I.'s Suzanne Birt (2-3). Meanwhile, Alberta's Shannon Kleibrink improved to 3-2 with a 8-5 triumph over Newfoundland and Labrador's Stacie Dev-ereaux (1-4).

THE CANADIAN PRESS

4
sports

AUS hockey



The Saint Mary's Huskies will open the Atlantic University Sport best-of-five men's hockey semifinal on Friday at 7 p.m. in Antigonish because of scheduling conflicts with the Canada Winter Games. The Huskies, who have home-ice advantage, will then return to the Halifax Forum for Games 2 and 3 on Sunday and next Tuesday, both at 7 p.m.

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► Nova Scotia skip Robert Mayhew throws a rock in the first end of yesterday's game against New Brunswick. Nova Scotia lost 6-5 in an extra end for an opening-day split as men's curling got underway at the Mayflower Curling Club.

Curlers won't dwell on loss

► Nova Scotia splits opening day ► Big game against Saskatchewan today



MATTHEW WUEST
@METRONEWS.CA

Nova Scotia let an opening-day Maritime sweep escape from its grasp at the Mayflower Curling Club yesterday.

After a convincing 6-2 morning win over P.E.I., things went awry for Robert Mayhew's Lakeshore rink against New Brunswick in the afternoon, despite early 3-0 and 4-2 leads. Both slipped

away in a 6-5 extra-end loss to unbeaten Scott Babbin, 2-0, leaving Nova Scotia in a three-way tie for second at 1-1.

"We probably relaxed a little bit when we probably shouldn't have," Mayhew conceded afterward.

Mayhew, trailing 5-4 in the eighth with the hammer after surrendering deuces in the fourth and sixth ends, had a chance to win it when he went for two on his final rock. But after putting it

through a narrow hole, he came up just short and was left tied 5-5 without the hammer.

"The one in the eighth end was like a foot off from winning the game, right there," said third Nicholas Burdock.

Babbin had a draw for the win on his final shot in the extra end, which he set up with a double take-out on his previous shot.

Mayhew, whose rink also features second Dillon O'Leary and lead Eric

Sampson, wasn't overreacting to the loss given that his team is still in the thick of the playoff race. The top two teams in each pool make Friday's semifinals.

"We were on the wrong side of the coin of a close game today and that's all that really happened," said Mayhew, whose father, Alan, is the team's coach, and brother, Ben, played lead at the 2007 Games. "It could have gone either way."

More Games

Yesterday's standouts



JENNIFER MAHONEY

Figure skating

Mahoney, a 14-year-old from Fall River, sits fifth after a strong pre-novice short program that saw her score 26.74.



TAYLOR GORDON

Boxing

The 17-year-old from Sackville earned a 5-3 win over Alberta's Devin Reti, avenging Reti's win over Gordon for national gold in 2009.



ALEXIS CROSSLEY

Hockey

The Dartmouth native scored Nova Scotia's lone goal in a 5-1 loss to Quebec last night as Nova Scotia fell to 1-1.



CYNTHIA CHARLTON

Badminton

The provincial ladies open champion from Lower Sackville swept Alberta's Shannon Saunders in singles, 21-18, 21-17.

Stewart wins gold in skating

Kailey Stewart of Harrietsfield got the better of P.E.I.'s Alyssa Chapman to win a gold medal at St. Margaret's Centre last night.

The 17-year-old figure skater edged Chapman, her only competitor, to place first in the Special

Olympics Level 2 solo women's dance event.

Stewart scored one in willow waltz and fiesta pattern dances, while Chapman earned 0.5 in each.

It's Stewart's fifth year in the sport.

Jared Goad of Bible Hill won Nova Scotia's other gold in the men's gymnastics floor routine event last Thursday. Stephen Clouter of Lawrencetown took bronze in parallel bars.



● METRO

Medal standings

	G	S	B	Tot.		G	S	B	Tot.
PROVINCES					N.B.	0	2	3	5
QUEBEC	27	26	18	71	N.L.	0	1	3	4
B.C.	14	14	16	44	YUKON	3	0	0	3
ONTARIO	14	14	14	42	NOVA SCOTIA	2	0	1	3
ALBERTA	12	11	16	39	P.E.I.	0	1	0	1
SASK.	5	2	3	10	N.W.T.	0	0	0	0
MAN.	2	2	4	8	NUNAVUT	0	0	0	0



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A battle of wills in table tennis

- Nova Scotia male and female teams split opening day
- Singles, doubles and mixed events still to come this week



JENNIFER TAPLIN
@METRONEWS.CA

They may be ranked middle of the pack, but the boys on Nova Scotia's table tennis team have their eyes on the bronze medal.

"We have a high possibility of playing for a bronze medal, so that's our main goal right now," said Dustin Yuill, 15.

But they'll have to get by

the country's table tennis powerhouses, Ontario, Quebec and B.C.

"Their competition is amazing," Yuill said.

Both the men's and women's team events started yesterday at Citadel High School. Nova Scotia started out strong with both teams easily beating Nunavut in the morning.

"It wasn't the level we expected from them, but it's a good start off to get

ready for the tournament," Yuill said.

The afternoon, however, was a different story. The women's team lost 3-0 to Alberta and the men fell 3-0 to British Columbia.

At 12, Josh MacMillan is the youngest team member. He said he's all right with it because there's less pressure on him. And he has another Canada Games to look forward to.

Both MacMillan and

Yuill discovered a talent for table tennis at the Boys and Girls Club of Truro. Shane Leonard Hines, 15, of Carrolls Corner said his older brother, who competed at the Whitehorse Canada Games in table tennis, got him into the sport about five years ago.

"I like the quickness of it. It's a mental game and it takes a lot of focus," MacMillan said.

The crowds aren't distracting, they said, and it's nice to have so many family and friends there to cheer them on.

"We've had a lot of people come up to us on the street to wish us good luck, so it feels great to have support," Yuill said.

Table tennis rankings

- **Female**
 - 14. Katie Jollimore, Dartmouth
 - 16. Kirsten McCaffrey, Simms Settlement
 - 19. Morgan O'Hearn, Dartmouth
- **Male**
 - 14. Shane Hines, Carrolls Corner
 - 18. Dustin Yuill, Truro
 - 19. Josh MacMillan, Truro
- **Mixed:** Hines/Jollimore (sixth)
- **Female doubles:** McCaffrey/O'Hearn (sixth)
- **Male doubles:** Yuill/MacMillan (sixth)

Events to watch

Today's highlights



ARCHERY

Sackville High School

Compound and recurve qualification events are set for 9:30 a.m. and 1:30 p.m.



BADMINTON

Canada Games Centre

Singles and doubles quarter-final and semi-final action runs all day beginning at 10 a.m.



BOXING

Halifax Forum

There's afternoon and evening preliminary action beginning at 1 p.m. and 7 p.m.



CROSS-COUNTRY SKIING

Ski Martock

The 1,000-metre sprint finals are at 1:45 p.m. There are also 800-metre para sit-ski and standing-sprint finals starting at noon.



CURLING

Mayflower Curling Club

Nova Scotia gets Saskatchewan in a battle of 1-1 teams at 2:30 p.m. as preliminary-round action continues.



FIGURE SKATING

St. Margaret's Centre

The novice short programs for females (10:45 a.m.) and males (6:15 p.m.) highlight action throughout the day and evening.



HOCKEY (Women's)

Metro Centre

Nova Scotia goes up against Manitoba in preliminary-round play at 7:30 p.m.



SNOWBOARDING

Ski Martock

Dartmouth's Kita McRory is one to watch as women's and men's parallel giant slalom goes at 10:30 a.m. and 1:30 p.m.

Other events

- Table tennis at Citadel High School starting at 9 a.m.
- Alpine skiing at Ski Wentworth (para slalom) at 9:30 a.m. and 12:30 p.m.
- Synchronized swimming preliminary events at Canada Games Centre at 9 a.m. and 6:55 p.m.



► Dartmouth's Katie Jollimore, 16, serves against Jasmine Yao of Alberta in a team table tennis match at Citadel High School yesterday. Nova Scotia lost 3-0. The Nova Scotia female team won earlier in the day against Nunavut and finished the day 1-1.

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Crunch time for the Lakers

The all-star game was never supposed to be Kobe Bryant's highlight at Staples Center this season.

Not when his two-time defending champion Los Angeles Lakers were expected to have a shot at a third in a row.

Even after LeBron James and Chris Bosh joined Dwyane Wade in Miami, the Heat agreed with Michael Jordan that the Lakers were the favourites until somebody beat them in June.

These days, June basketball doesn't even look like a sure thing for the Lakers.

They stumbled into the all-star break with three straight losses, capped by a defeat in Cleveland against a Cavaliers team they beat by 55 earlier in the season.

But nobody is counting Bryant's bunch out yet.

"They are the champions. We understand and know the second half of the season, they are going to play even better and when it comes time to win, they are going to be

What to watch for

As the NBA season begins its second half today, here are five storylines you should keep an eye on.



Melo drama

One way or another, this week should see a conclusion to the Carmelo Anthony situation. The Denver Nuggets have until Thursday's trade deadline to decide whether to trade him to New York or New Jersey, or hold on to him for the rest of the season.



Hot Spurs

The road to the NBA finals might go through San Antonio. With a 46-10 record and health they haven't enjoyed in recent years, the Spurs seem capable of winning a fifth title with Tim Duncan after they struggled just to reach the post-season in 2010.



Close on top

Boston leads Miami by percentage points in the East, with Chicago two games back. The Celtics are 3-0 against the Heat, but haven't been able to keep centres Shaquille O'Neal and Jermaine O'Neal healthy to surround their four all-stars.



Beware N.Y.?

The Knicks are sixth in the East, in position to make their first playoff appearance since 2004. They lurk as a dangerous lower seed if they land Carmelo Anthony to join fellow all-star Amare Stoudemire in a potentially explosive frontcourt.



MVP race

The MVP race could come down to Chicago point guard Derrick Rose or LeBron James, the two-time winner who figured his move to Miami counted himself and Dwyane Wade out this season. But he's been so good that he believes he's back in the conversation.

the team to beat," Wade said.

Wade's Heat might have the team to do it, and the Boston Celtics would love another shot at their biggest rivals after losing in seven games last June.

But first, the Lakers have to prove they're the best in the West before they worry about who is tops in the East.

They are currently third in the conference, 8½ games behind NBA-leading

San Antonio and 2½ back of second-place Dallas. But the Lakers looked shaky late last season before putting it together, and they're confident they can do it again.

"It has been like a lot of

hot and cold this season, a lot of contrasts and looking for a level of consistency," all-star forward Pau Gasol said.

"I feel that we can do that."

THE ASSOCIATED PRESS

Nets have backup trade plan

While the Nets remain confident about acquiring Carmelo Anthony, a person familiar with the trade talks says New Jersey is interested in acquiring some former Knicks if the Denver Nuggets decide to ship Anthony to New York.

The person insists the Nets remain "confident" they can acquire Anthony in a deal that would ship point guard Devin Harris, rookie Derrick Favors, two other players and four first-round draft picks to Denver. If the deal falls through or Anthony is dealt to the Knicks instead, the Nets are prepared to pick up some of the pieces.

The Nets and Nuggets have talked about a deal in which New Jersey will send two first-round draft picks to Denver for Russian centre Timofey Mozgov and one of the three other players the Knicks reportedly are willing to send to Denver — Danilo Gallinari, Wilson Chandler or Raymond Felton — according to the person familiar with the talks.

THE ASSOCIATED PRESS

Raonic sets new high for a Canadian

Despite losing Sunday's final in Memphis, Milos Raonic has continued his rapid ascent up the ATP rankings — making Canadian tennis history in the process.

The 20-year-old from Thornhill, Ont., jumped 22 places to reach No. 37. He finished 2010 ranked as No. 156. Raonic becomes the highest ranked Canadian singles player in the history of the ATP.

THE CANADIAN PRESS

Pens land Dallas forward

The Pittsburgh Penguins began addressing their banged-up lineup by acquiring forward James Neal from the Dallas Stars in exchange for offensive defenceman Alex Goligoski yesterday.

As part of the deal, struck prior to Pittsburgh's game against the Washington Capitals, the Penguins also acquired defenceman Matt Niskanen.

THE ASSOCIATED PRESS

Morneau says head feels fine

JED JACOBSON/GETTY IMAGES



► Justin Morneau missed the second half of last season with a concussion.

► Twins slugger reports after missing final half of last season

The foggiest would hit Justin Morneau after the simplest of movements — turning his head from side to side, looking down at his computer screen, even following the TV with his eyes.

Sometimes the haze would last for a minute. Other times headaches or dizziness might follow and last the whole day. Dark thoughts would take hold as he worried about his career, his quality of life.

"I'd be lying if I said that hasn't crossed my mind," the New Westminster, B.C., native said yesterday after reporting to spring training with the Minnesota Twins.

"There was a time, November, December, where I'm sitting there going, 'I'm not feeling better,' getting frustrated, but when you have a concussion that's the worst thing you can do, go to that

place where you're feeling sorry for yourself. Stress is one of the worst things for it. So you kind of try to brush that aside, it can creep in there, but you say, 'You know what? It is what it is, it's not up to me, I'm doing everything I can, when it's better it's better, and I've got to believe I'm going to be out there,' and keep working toward that goal."

Morneau is now as close to realizing that goal as he has been since an innocent looking collision at second base with Toronto Blue Jays infielder John McDonald last July 7 abruptly ended his season.

Morneau plans to participate in today's workouts thanks to a solid month of incident-free training at home in Arizona.

THE CANADIAN PRESS

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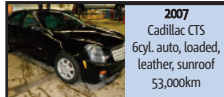
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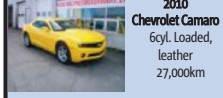
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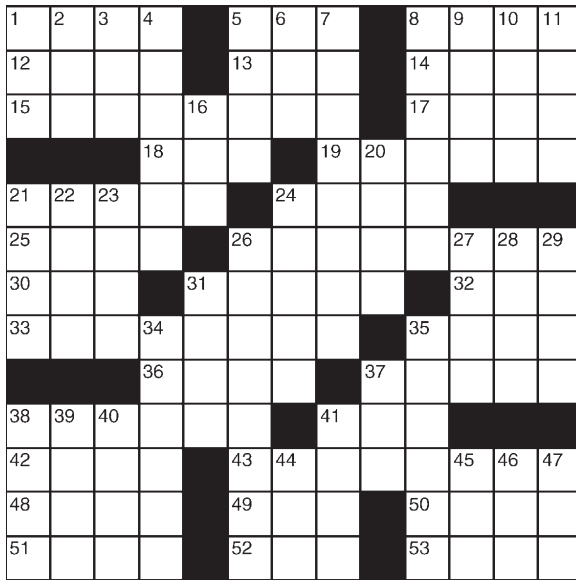
Crossword

Across

1 St. Louis team
5 Lingerie item
8 Tubular pasta
12 Concept
13 Chow down
14 Paradise
15 Historically significant symbol
17 Blueprint
18 Police officer
19 Yellow-brown colors
21 Bit part
24 Black plus white
25 Palette selections
26 Canadian city
30 Greek H
31 Trio of goddesses
32 Portion of N.A.
33 Kingdom
35 "Animal House" group
36 Taverns
37 Run off to wed
38 Tropical fruit
41 Past
42 Grand-scale tale
43 One-track transport
48 Birthright barterer
49 Prior night
50 Sorts
51 Umps
52 Spotted
53 "Monopoly" card

Down

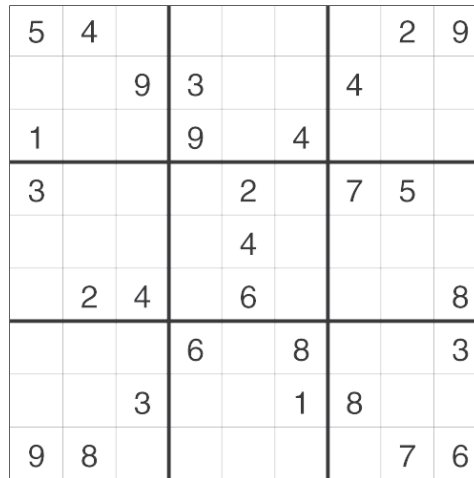
1 Edge
2 Commotion
3 Chaps
4 Pasta toppings
5 Gridlock sound
6 Operated
7 Lawyer
8 Gentle breeze
9 Not working
10 Rip
11 Hostels
16 Cattle call
20 Eliot-based musical
21 Sci. course
22 Car
23 Intend
24 Barbarians
26 Knotted fringes
27 Franc replacement
28 Now, on a memo
29 Tardy
31 Unravel



Yesterday's answer



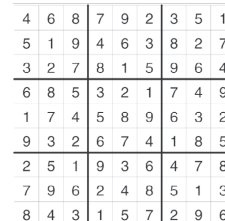
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



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Show some love! Send a note to somebody special at kiss@metronews.ca

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Erica, I thank God every day that you came into my life and cannot wait for the next time I can hold you in my arms. You are my reason for waking up every morning. MIKE

Today's horoscope

♈ Aries March 21-April 20 You may not be getting the breaks you desire, but complaining won't change anything. Take a look at your philosophy of life. Can it be improved in any way? The breaks will come when you break free of old ways.

♉ Taurus April 21-May 21 If a friend makes a suggestion today don't reject simply because it does not fit with what you want for yourself. Maybe he or she can see your situation better than you can.

♊ Gemini May 22-June 21 No matter how talented you are, there is only so far you can go on your own. The sooner you accept that, the sooner you'll make progress. Work with people who share your aims.

♋ Cancer June 22-July 22 The Sun in your fellow Water sign of Pisces will protect you from harm in most situations but that is not an invitation to take silly risks. You're not invincible.

♌ Leo July 23-Aug. 23 Focus on the good things in your life and pretend that the bad things do not exist. Is it wishful thinking? Is it self-delusion? Maybe. But reality is what you want it to be.

♍ Virgo Aug. 24-Sept. 22 What happens today will test your self-restraint to its limits. Hopefully, you will resist the urge to rant and rave and make accusations because no matter what might have upset you, it's really not worth getting worked up about.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You might find it hard to make much of an effort today but why should that bother you? Everyone knows what you are capable of, so you really don't have to prove yourself.

♏ Scorpio Oct. 24-Nov. 22 The Sun in Pisces endows you with boundless energy. Just because something excites you, does not mean it will excite everyone. We're all different.

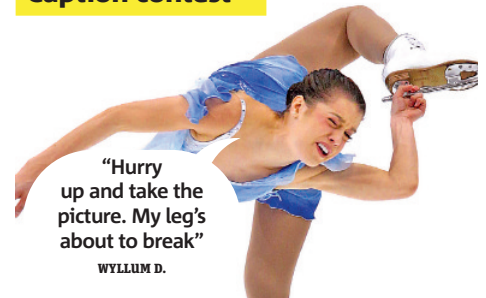
♐ Sagittarius Nov. 23-Dec. 21 It is one of the laws of the universe that the more you give, the more you get. So, go all out to bestow good things on other people today. Before you know it, good things will be flowing into your life in abundance.

♑ Capricorn Dec. 22-Jan. 20 You may be tough enough to take the slings and arrows of misfortune in your stride, but you don't have to make life difficult for yourself. You certainly don't have to face challenges alone. Get help if you need it.

♒ Aquarius Jan. 21-Feb. 18 Stop trying so hard today. That applies to all areas of your life, but especially to your finances. Money will find its way to you when you need it most.

♓ Pisces Feb. 19-March 20 Your mind is a powerful tool and the way you choose to think determines what kind of experiences come your way. Think only positive thoughts and only positive things will happen. **SALLY BROMPTON**

Caption contest



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\$1179

Add taxes & other fees: \$246

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto

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\$1349

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Resort view rm. • Mar. 28 • 4 nts. • **\$300 INSTANT CREDIT INCLUDED!**

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Gran Bahia Principe El Portillo  **PRIVILEGES**

All-Inclusive • Standard rm. • Mar. 10, 17 & 24 • 1 wk.

\$1099

Add taxes & other fees: \$180

DOMINICAN REPUBLIC | Punta Cana

Gran Bahia Principe Punta Cana  **PRIVILEGES**

All-Inclusive • Junior suite • Mar. 19 • 1 wk.

\$1099

Add taxes & other fees: \$180

JAMAICA

Sunset Jamaica Grande Resort & Spa  **PRIVILEGES**

All-Inclusive • Traditional standard rm. • Apr. 18 • 1 wk.

\$1299

Add taxes & other fees: \$127

JAMAICA

Gran Bahia Principe Jamaica  **PRIVILEGES**

All-Inclusive • Junior suite • Apr. 11 • 1 wk.

\$1499

Add taxes & other fees: \$127

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Add taxes & other fees: \$155



Iberostar Laguna Azul

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